

# Swedish Yellow Split Pea Soup

Yield: 8 min  
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-yellow-split-pea-soup-recipe>

## Ingredients:

- 1 pound yellow split peas dried
- 8 cups chicken stock fresh if possible
- 2 yellow onion chopped coarsely
- 1 whole onions
- 10 whole clove
- 1 smoked ham hocks meaty, about 2 to 2½ pounds
- 1 teaspoon dried thyme or 2 tablespoons fresh thyme
- 1 tablespoon fresh ginger grated
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. Sodium: 640 milligrams
8. Sugar: 6 grams

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